

EMPLOYEE TRAINING RECORD		
TRAINING TITLE Hand Injuries		
<p style="text-align: center;">KEY TEACHING POINTS</p> <ul style="list-style-type: none"> • Think about your hands for a moment. They're quite a marvelous piece of engineering and design -- and most important to your welfare. If you're a hunter you use your hands to hold a rifle, shotgun or bow. If fishing is your chosen sport, you need your hands to cast and hold the rod and reel. Just about everything you do requires the use of your hands. Each morning you brush your teeth, take a shower, and eat breakfast. Then you use your hands to drive to the job and perform almost all of your work once you're there. Your hands are priceless -- you must protect them! • Basic hand protection begins with wearing gloves as a form of personal protective equipment. Various kinds of gloves are available: leather, cotton, rubber, and special gloves designed to protect you when welding, using chemicals, etc. A good leather glove will protect both your fingers and skin, in fact, gloves are like an extra layer of skin. Wear gloves when handling sharp objects and when working around rough edges or handling lumber. When working with chemicals, be sure that the gloves you wear are appropriate for the chemical you're using. If you have any questions, check the MSDS or call your Safety Coordinator. • Guards are another form of protection to prevent hand and finger injuries. They provide a physical barrier. Many devices have guards to keep your fingers and hands out of chain or belt drives, and away from gears, cutters and electrical hazards. Table saws and hand held circular saws are two commonly used tools on which we find guards. <u>Never</u> remove or block guards. They're there for your protection. • There are many unsafe areas for your hands. Be alert for shifting or moving material and for pinch-points. Take care not to put your hands in hazardous locations. One slip can be the difference between having your hand and losing it. Another problem to avoid is jewelry. A wedding band or class ring can get caught and cause a serious injury. Leave rings at home and you'll have fingers to wear them on. • Lets go back to the beginning of our meeting today and think again about our hands. An injury to just one can cause a great deal of inconvenience. Losing one or both will handicap you for the rest of your life. Don't take chances; always keep safety in mind and do your very best to protect your hands from injury. <p>SAFETY REMINDER: 25% of all disabling injuries involve hands and fingers!</p>		
TEST		
QUESTION	ANSWERS	
	TRUE	FALSE
1 A wedding band or class ring can get caught and cause a serious injury.		
2 Basic hand protection begins with wearing gloves as a form of personal protective equipment.		
3 Be alert for shifting or moving material and for pinch-points.		
4 Guards are another form of protection to prevent hand and finger injuries.		
5 25% of all disabling injuries involve hands and fingers!		
EMPLOYEE'S NAME	EMPLOYEE'S SIGNATURE	DATE
INSTRUCTOR'S NAME	INSTRUCTOR'S SIGNATURE	DATE

1. True 2. True 3. True 4. True 5. True